

SECTION K
STRESS

L O W E R L E V E L



STRESS

INSTRUCTOR'S FACT SHEET

- Definition of Stress**
- Stress is our response to change.
 - Stress involves three components
 - The event.
 - The body and mind's response.
 - The way we think and feel about the event.
 - Stress is normal. We need a certain amount to keep us stimulated and energized.

- Sources of Stress**
- A stressor is something that causes stress.
 - Any change upsets our balance and causes stress.
 - It comes from within us (internal), or from without (external).

Internal (examples)

- People have different perceptions and personalities; what is stressful for one person may not be for another, e.g. one person may like snow because he sees it as beautiful and a chance to have fun, while another person may think it is too cold and bothersome.
- Physical changes caused by disease or aging, e.g. acne of adolescence.

External (examples)

- Unexpected events, e.g. injury, lottery win.
- Expected events, e.g. marriage, vacation.
- Accumulation of daily responsibilities and hassles, e.g. getting children to school on time, missing the bus, problems with relationships.

- Effects of Stress**
- The body needs more energy and oxygen to respond to the stressor.
- Breathing and heart rate increase to provide extra oxygen to where the body needs it the most, e.g. brain, large muscles.
 - This response helps the body cope with the stressor.
 - The body's response is closely tied to health. Too much stress can lead to illness, such as heart disease and high blood pressure.
 - Possible signs of too much stress (not an exhaustive list).

Physical

- Fast heart beat.
- High blood pressure.
- Headaches.
- Changes in appetite.
- Upset stomach.
- Dry mouth.
- Skin problems e.g. itchiness.
- Tight muscles e.g. neck, shoulder.
- Less energy.

- Increase in illnesses, e.g. colds, flu.
- Trouble breathing.

Emotional/Mental

- Difficulty concentrating.
- Irritability and anger.
- Tearfulness.
- Forgetting easily.
- Difficulty making decisions.
- Depression.

The above may also be caused by illness, so it is important to check with a doctor if they do not improve.

Know Yourself

- Know what causes you stress.
- Know how your body reacts to too much stress.
- Know whether you are coping in healthy or unhealthy ways. Unhealthy ways may be helpful for the short term but may be harmful in the long run.

Managing Stress

- Know your limit and try to avoid extra stressors.
- Try to see the positive side of things.
- Have realistic expectations of yourself.
- Protect yourself against too much stress by:
 - Eating in a healthy way.
 - Being physically active.
 - Getting enough sleep.
 - Getting enough rest and relaxation.
 - Learning a relaxation technique e.g. deep breathing, yoga.
 - Getting regular medical and dental check ups.
 - Building good relationships with people.
 - Discussing problems with family, friends or counsellor.
 - Seeking spiritual support.
 - Having fun.
- Avoid using unhealthy ways for a long time:
 - Drinking too much alcohol.
 - Taking drugs.
 - Smoking.
 - Always avoiding the problem.
 - Complaining.
 - Criticising self or others.
 - Eating too much.
 - Yelling, screaming.
 - Worrying.

KEY CONCEPTS

1. Stress can contribute to heart disease.
2. Everyone has stress.
3. There are healthy and unhealthy ways to cope with stress.

OBJECTIVES

1. Learners will identify three sources of stress.
2. Learners will identify three ways that stress can affect them.
3. Learners will identify two healthy ways to cope with stress.

MATERIALS

Handout: VOCABULARY

Activities: EVERYONE HAS STRESS

FILL IN THE BLANKS

SOMEONE WHO LIKES TO...

STRESSED OUT!

SUGGESTED LESSON OUTLINE

1. Have learners do pre-reading "Everyone Has Stress". Read or tape it and play tape. Ask learners to underline words they don't understand. Write on board.
2. Review vocabulary.
3. Do discussion questions from "Everyone Has Stress". Highlight the following:
 - Link between stress and heart health.
 - Everyone has stress.
 - There are healthy and unhealthy ways to cope with stress.
4. Use activities "Fill In The Blanks", "Someone Who Likes To", and "Stressed Out" to reinforce key concepts.

Vocabulary

cope (n.) - to handle, manage a problem or situation

healthy (adj.) - good for you, helps to keep you from getting ill

stress (n.) - our response to change
- includes an event, a response, and thoughts and feelings

unhealthy (adj.) - what is not good for us





EVERYONE HAS STRESS

Everyone has stress. It is normal. Many things cause stress. Too much stress is not good for us. It can make us sick. Stress can increase our chance of getting heart disease. We can cope in healthy or unhealthy ways.

Discussion Questions 1. What causes you stress?

2. Why is too much stress not good?

3. How can you cope with stress?



FILL IN THE BLANKS

Fill in the blanks with one of the following words:

HEALTHY / COPE / UNHEALTHY / NORMAL /

STRESS / SICK / NOT GOOD / MANY THINGS

1. Everyone has _____. It is _____.
2. Too much stress is _____ for us.
3. It can make us _____.
4. We can _____ in _____ or
_____ ways.
5. _____ cause stress.



FILL IN THE BLANKS ANSWER SHEET

Fill in the blanks with one of the following words:

HEALTHY / COPE / UNHEALTHY / NORMAL /

STRESS / SICK / NOT GOOD / MANY THINGS

1. Everyone has STRESS. It is NORMAL.
2. Too much stress is NOT GOOD for us.
3. It can make us SICK.
4. We can COPE in HEALTHY or UNHEALTHY ways.
5. MANY THINGS cause stress.



SOMEONE WHO LIKES TO...

Ask a classmate “do you like to...”. If the answer is yes, write their name in the box.

Activity	Name
Someone who walks	
Someone who listens to music	
Someone who plays with children	
Someone who goes out with friends	
Someone who reads	

A STRESSED OUT!

Put an X on the part where you feel stress. What do you feel?

